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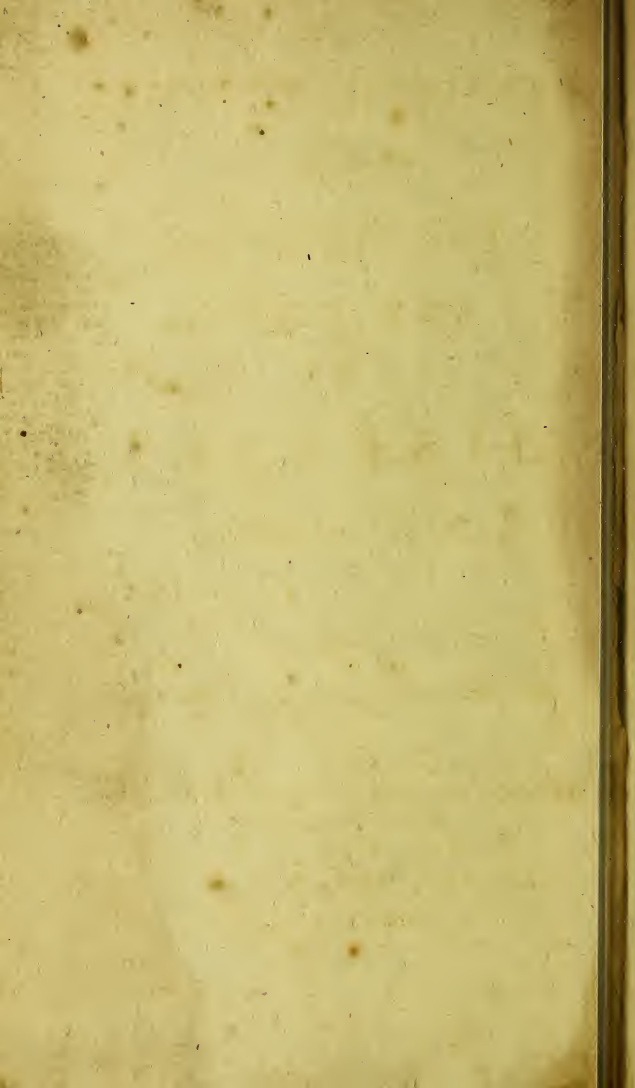


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A
PRACTICAL TREATISE
ON
The Prevention,
AND CURE
OF
DISEASES
IN GENERAL.

BY

Dr. John Memis, Physician in Aberdeen,

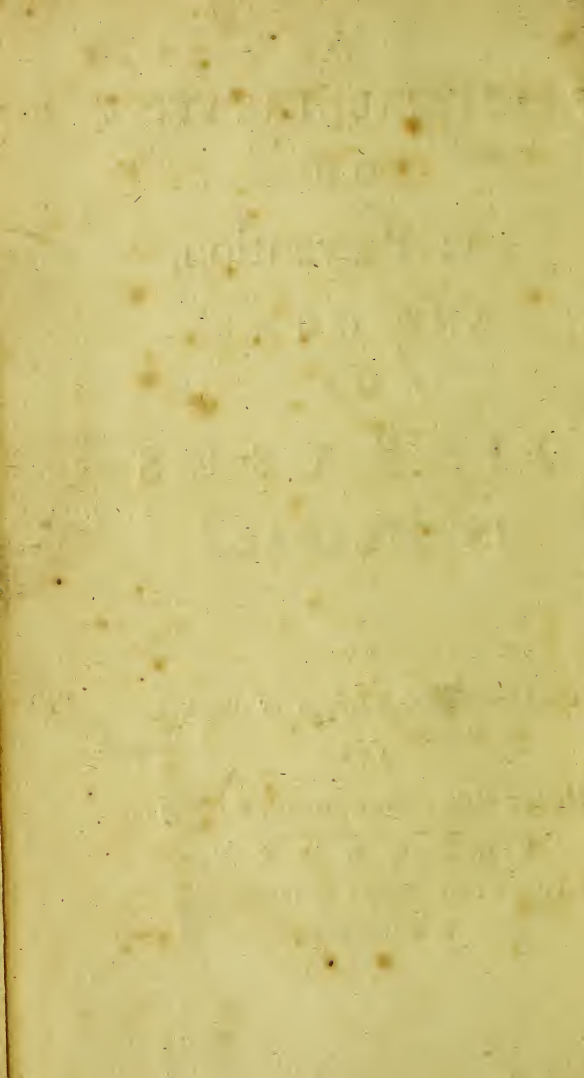
AND

A Manager of the ROYAL Infirmary in that CITY.

A B E R D E E N:

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M'DCCCLXXXVI.



MEDICAL RULES,

AND DIRECTIONS.

CHIEFLY RELATING,

TO THE

Preservation of Health;

And the Means Necessary to be Used
when DISEASED.

SECTION I.

IN general when Man came first out
of the hands of the great Creator;
cloathed in body as well as soul with im-
mortality and incorruption, there was
no use for physick or medical remedies;
for as he then, knew no sin, so he was
liable to no pain, sickness or disease.
The body, altho' originally formed out
of the dust, was subject to no decay:
as it had no seeds of corruption or dis-
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solution within itself his soul being perfect in holiness. And there was nothing without to injure it. Heaven and earth and all the elements were mild, benign and friendly to human nature. The entire creation was at peace with man, so long as man was at peace with his Creator. But since man rebelled against the Sovereign of heaven and earth, how entirely is the scene changed! The incorruptible frame has put on corruption, the immortal has put on mortality. The seeds of weakness and pain, of sickness and death are now lodged in our inmost substance, where numberless disorders continually spring, aided and increased by every thing round about us. The heavens and earth and all things contained therein, conspire to punish the rebels against their Creator. The sun moon and stars shed unwholesome influences from above; the earth exhales or sends out poisonous damps from beneath, the beasts of the field, the birds of the air, the fishes of the sea are all in a state of hostility. The air itself that surrounds us on every side is replete or filled with the shafts

shafts of death. Yea the food we eat daily saps the foundation of life, nor cannot be sustained without it. So has the Lord of all secured the execution of his own decree. "Dust thou art, and unto dust thou shalt return." But can there nothing be found to lessen those inconveniences which cannot wholly be removed? To soften the evils of life and prevent, in part, the diseases and pain, to which we are continually exposed? Doubtless there may. And is it not our duty to use the means of recovering and preserving our health? without question it is. One grand preventive of pain and sickness of various kinds, seems intimated by the great author of nature, in the very sentence which entails death upon us "in the sweat of thy face shalt thou eat bread, till thou return unto the ground." And indeed the power of exercise both to restore and preserve health is very great; especially in those who add temperance thereto, steadily observing that kind and measure of food prescribed by wise physicians or which experience shows to be most friendly to

to health and strength: together with the use of proper medicines when necessity requires it. of which, however, the fewer and simpler the better. But no effect can be expected from the most powerful medical remedies, unless the patient observes the greatest exactness in his manner of living. 1st. He must abstain from all mixt. all high seasoned food, all dainties and sweet meats which are all unwholesome more or less, and use a plain diet, easy of digestion; and as sparingly as possible consistent with ease and strength: using for drink only water if it agrees with the stomach, or good, clear, small ale. 2^{dly}, He must use as much exercise daily in the open air, as he can without weariness, and lastly take his supper not too late at night, go to bed early and rise betimes. To persevere with steadiness in this course is often more than half the cure, and there will be occasion for little or no medicine. But above all he ought and must add to the rest, that most powerful means, prayer: and have faith in God who killeth and maketh alive, who bringeth down to,
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and bringeth up from the grave. This much for the means of recovering health. For the sake of those who desire, thro' the blessing of God, to retain the health which they have regained, we shall add a few plain rules which every skillful physician will prescribe for that end.

I. Of Air, 1st The air we breath is of great consequence to health. Therefore going abroad in easterly or northerly winds should be avoided, and such as have been long abroad in them thro' necessity, should drink some thin and warm liquor at going to bed; or a draught of toast and water.

2dly, Tender people should take care that those who lie with them, or are much about them be sound, sweet and healthy.

3dly. For preserving health, it's even necessary, that we be as clean and sweet as possible in our houses, cloaths and furniture.

II. Of Food, 1st. The great rule of eating and drinking is, to suit the quality and quantity of the food to the strength of our digestion; to take always

ways such a sort and such a measure of food as sits light and easy on the stomach: but of the most wholesome kind.

2dly, All pickled, smoaked or salted and high seasoned food, &c. are unwholesome and very prejudicial to health.

3dly, Nothing conduces more to health, than abstinence and plain food, with due labour. For studious and sedentary people, or those who sit much, about 8 ozs. of animal and 12 ozs of vegetable food in 24 hours may be sufficient.

4thly Water is the wholesomest of all drinks, quickning the appetite and strengthening the digestion most. But,

5thly, Strong and more especially spirituous liquors, are a certain tho' slow poison. Such drink undoubtedly will shorten life.

6. Malt liquors, (except clear small bear or ale of a due age,) are hurtful to tender persons.

7. Tea and coffee are more or less hurtful to all, the less of these therefore that is used the better, tho' to persons, who have weak nerves, they are most prejudicial.

8. Tender persons should eat very
light

light suppers; and that two or three hours before going to bed.

9. They ought constantly to go to bed about nine o'clock, and to rise about five or six or even at four in the morning, at which last hour if we rightly remember, was the constant practice of the celebrated Dr. Boerhaave,

1. Of Exercise, 1st. A due degree of exercise is indispensibly necessary to health.

2. Walking is the best exercise for those, who are able to bear it; riding for those who are not. The open air when the weather is fair, contributes much to the benefit of exercise; and both to the strengthening a weak body.

3. The studious or sedentary ought to have stated times for exercise, at least two or three hours a day: the one half of this before dinner, the other before going to bed. It should be always on an empty stomach and never continued to weariness.

4. They should frequently shave, and frequently wash their feet, and the sewer cloaths are used by day or by night

might the better. This renders those that can bear it the hardier.

5. Those who read and write much, should learn to do it standing, otherwise it may impair their health.

6. Cold bathing is of great advantage to health, and prevents abundance of diseases. It promotes perspiration and the circulation of the blood, and prevents the danger of catching cold: which is the cause of many diseases.

V. 1. Costiveness cannot long consist with health. Therefore care should be taken to remove it at the beginning, and when it is removed, to prevent its return, by a softening cool and opening dyet, with roots, greens, and fruits as apples, prunes, &c.

2. Whenever there appears, the least sign of obstructed perspiration, (commonly called catching cold,) it should be removed by gentle sweats, raised by proper medicines taken for that end.

VI. Of the Passions, 1. The passions have a very great influence on health, and bring on many disorders.

2. All violent and sudden passions dispose

pose to, or actually throw people into acute diseases

3. The slow and lasting passions, such as grief and hopeless love. are very dangerous bringing on chronical diseases.

4. Till the passion which raised the disease is calmed, medicine is applied in vain.

5. The love of God shed abroad in the heart by his holy spirit: as it is the sovereign remedy of all our miseries, so in particular, it effectually prevents all the bodily diseases, the passions bring on; by keeping the passions themselves within due bounds; and by the unspeakable joy and calmness it gives the mind, it becomes the most powerful of all the means of health and long life.



SECTION II.

PRACTICAL Medicine may be properly divided into two branches the Preventive and the Sanative; the first relates to the preventing, as much as possible, diseases forming in
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the human body, by right regimen or care in living and diet. The latter is taken up in removing diseases already formed by these and proper medicines; and although both these branches are equally the business of the physician, yet the former has been almost totally neglected by our modern practitioners in medicine, and we think is generally omitted in our modern books on the practice of physick.

As we know from experience that neither internal diseases nor external from an internal cause, generally come by accident, but are the effect of improper conduct, so we have found the only rational method of preventing them to be, to avoid or correct those errors by which they are occasioned and observe those rules which naturally tend to hinder them from forming in the body; and which at the same time, will lengthen out life to the most extreme old age, especially where the original stamina, fibres, filaments or fine slender threads of the body are good, together with a due mediocrity or moderation of temperament in or due mixture

mixture of the humours of our body. In general the principal means for these ends consist in observing a due moderation of, at least, the following particulars, namely, food, labour, sleep and concubinage or marriage. For it is according to the use chiefly that is made of these, both that diseases can be prevented and life lengthened out as far as is consistent with the lot of man. And here indeed there is required great judgment of the oldest physicians, indaily regulating these articles of health and life, which can only be attained by their long experience in practice, to adjust them so to the different constitutions and the various other circumstances of patients, as to prove effectual in the prevention of diseases; in as much as, men's temperaments or constitutions differ so widely, that that regimen which is fit for this end in one, is not proper for another. Neither can we pronounce of aliment as equally salutary for all. We have observed, that what promotes health in one, brings on disease on another. Likewise with respect to labour

hour or exercise, their experience teaches that it has contrary effects. And concubinage also, or venery influences very differently, in different constitutions and under different circumstances.

It is certain from the experience of such physicians as above mentioned, and also who fulfill their duty and do justice to their patients, that regimen and diet are as necessary and effectual in the *prevention* of diseases as medicines in the *cure*; yea, and that in this last, those are of equal if not greater importance than these; and that there is the greatest success when together with proper medicines, suitable regimen and diet are, in the beginning and thro' out the cure, adapted to each particular disease.

As this method of practice is the most effectual in preventing diseases, as well in those that are in perfect health, as in those in whom they are beginning to form, and in removing them when already formed; so it is the safest for the physician and the most agreeable to his patients, who especially in the
last

last case are more easily advised to a proper conduct under their maladies, and more readily brought to comply with a right course of diet than to swallow a number of the most elegant or nice, but nauseous, loathsome or disgusting medicines, that are often as ineffectual as they are loathsome and expensive.

It has now of a long time been generally observed by honest and judicious as well as old physicians, when employed in joint consultation upon extraordinary, complicated or dangerous cases in physick, as when separately engaged in their ordinary or daily practice, that in not a few instances, medicines do little or no service, and in others that they do rather hurt; while in most cases regimen and diet are ever necessary, ever proper and almost always effectual to effect a cure alone, or with a very small assistance from medicine; hence as in a book on the practice of physick, the preventive part of medicine naturally claims the first, so regimen and diet deservedly claim the chief place both in the prevention and cure of diseases, as most consistent with the
simplicity

simplicity to which medical practice is happily brought at this day.

In agreeableness therfore hereto, the aforesaid twofold division of medicine, we conducted the matter of the following treatise and divided it into two parts. In the first is contained, in a concise manner, the general method of preventing diseases breaking out in those that are in perfect health, followed with the same a little more particularly adapted to the various internal and external circumstances of patients, and concluded still more concisely with that of preventing their full formation in those in whom they may be beginning to form, to which perhaps if we have time, we may subjoin a short appendix of the regimen and diet table, most proper for publick Infirmaries, &c.

In the second part are contained more largely, the symptoms of internal diseases when fully formed, in the different periods of life, as they most commonly occurred to us in the course of practice, together with the most simple medical treatment or the few medicines which, in conjunction with
regimen

regimen and diet, are commonly employed and found most efficacious in the cure ; which perhaps we shall conclude with a short appendix also, relating to the cure of some external diseases. To conclude,

We shall distinguish the life of man into three great periods or ages ; namely, infant age, adult age, and old age, tho' this last properly belongs to adult age, and shall treat on diseases in both parts of the work according to this division, as most simple, and in the same order, as here set down, as most natural. But before we proceed to this, we shall first of all make some observations on infancy and adult age of the human species in general ; and then give the directions necessary to prevent the diseases of the several periods of human life.

General Observations on the Education or Management of the Human Species.

HOW a certain character or constitution of mind can be transmitted from a parent to a child, has been justly observed to be a question of more difficulty

difficulty than importance. It is, indeed, equally difficult to account for the external resemblance of features, or for bodily diseases being transmitted from a parent to a child: but we never dream of a difficulty in explaining any appearance of nature which is exhibited to us every day. A proper attention on this subject, would enable us to improve, not only the constitutions, but the characters of our posterity. Yet we every day see very sensible people, who are cautiously attentive to improve the breed of their horses and dogs, tainting the blood of their children and entailing on them, not only diseases of body, but madness, folly and the most unworthy dispositions; and that too, when they cannot plead being stimulated by necessity or impelled by passion.

By the most accurate calculation, one third of mankind dies under two years of age. Of one hundred children born in the same week, only forty are alive at the end of twenty years, and at the end of eighty four, which should be the shortest natural period of human life, they are all dead. As
this

this mortality is greatest among the most luxurious part of mankind, and gradually decreases in proportion as the diet becomes simpler, the exercise more frequent, and the general method of living more hardy; and as it is altogether unknown among wild animals, the general foundations of it are difficulty pointed out. The extraordinary havoc made by diseases among children, is owing to the greater delicacy of their tender frames, which are but ill suited to support the male or bad treatment they meet with. Their own instinct and the conduct of nature in rearing other animals are never attended to (or have formerly been never attended to) and they are incapable of helping themselves, when they are advanced in life, the voice of nature is become too loud to be stifled; and then, in spite of influence of corrupted example and adventitious or accidental taste, will be obeyed. Every other animal brings forth its young without any assistance; but we judge nature insufficient for that work, and think a midwife understands it better. What numbers of in-

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fants

fants as well as of mothers are destroyed by the preposterous and very wrong management of these artists is well known to all, who have enquired into this matter, which to prevent in some measure was the sole motive of our offering to the publick the former treatise. † The most knowing and successful practitioners, if they are candid, will own that in common and natural cases, nature is entirely sufficient, and that their business is only assist to her efforts in case of weakness of the mother or an unnatural position of the child. As soon as the infant comes into the world their care was to cram it with physick. There is a glaucous liquor somewhat like the white of an egg, contained in the bowels of infants and many other animals when they are born, which it is necessary to carry off. The medicine which nature has prepared for this purpose is the mother's first milk; this indeed answers the end effectually, but too many are of opinion, that some drugs forced down the child's throat will do much better

† The Midwife's Pocket-Companion.

better! Again, notwithstanding the many moving calls of natural instinct in the child's sucking the mother's breast, yet the usual practice formerly was obstinately to deny that indulgence, till the third day after the birth. By this time the suppression of the natural evacuation or the coming out of the milk, from her breast generally bringing on a fever; the consequence whereof was often fatal to the mother or puts it out of her power to suckle her child, at the same time. But we are now in this instance happily brought back to nature and common sense; by this means, where it prevails the lives of thousands of infants are preserved. We are more at this day in the rational practice of putting the child to the breast, as soon as it shows a desire for it, which is generally within ten or twelve hours after it is born; this renders the above-mentioned drugs unnecessary, prevents the milk fever, and makes things go on happily in the natural way. The most pious experienced physicians do now conduct themselves in these matters, and the regimen

men of mankind ; concerning which, we are to treat in the ensuing parts of this work. It is such alone that ought to oppose and shut out such irrational practices, such customs, and prejudices, that so long have taken place in the management of infants and children. And we hope it will be adopted by physicians in general ; whereby there are hopes, the true practice may in time, become common among midwife's and nurseries.

P A R T

P A R T. III.

C H A P. I.

Of the Prevention of Diseases,
In those who are in Health.

S E C T. I.

Of Preventing Diseases, in Infant Age.

IN Infancy or the first period of human life, the body being tender and most susceptible of impression, the foundation, either of a good or bad constitution, and consequently of future health or diseases, is generally laid in that age by proper or improper conducting and dieting the subjects of it. The greater part of those yet die in this period of life, owe their premature death to the same cause. For was the affair of proper nursing and managing of Infants, more duely regarded than has

has hitherto generally been the case; the greater part of our children would not only, not die, but would not be even so subject to diseases as they have been observed to be.

In order therefore, as much as possible, to prevent the diseases of infants, it is necessary and proper as soon as born that they be managed in general, as we have directed in the former treatise.† More particularly, that they be washed every morning fasting, and after a long sleep, in water from which the chilliness has been first taken away by the fire, rubbing and drying them well afterwards, and to be cool and loose in their dress; the body to be fitted with a small flannel waistcoat without sleeves and to be tied loosely behind with a petticoat sewed to it, and over all a thin light gown to be used all day, and a loose thin flannel shirt only, all night: cautioning against the use of stockings and shoes, until once they are able to run out of doors, &c.

It is proper that the above dress should not be changed for any other more

† The Midwife's Pocket-Companion.

fashionable till they come to be about three years of age, and even not then, when a child is born weakly; and at any rate or in any case not to wear stays till they be much older: ordering their linen and cloaths to be changed very often, if not every day, that they may be always clean and sweet.

They are not to be fed till ten or twelve hours or so after their birth, if possible, or, at least, till they be sufficiently hungry, when being applied to the mothers breast they are sure to suck more eagerly; and vigorously enough after a few repeated trials to make the milk flow sufficiently for further nourishment and strength: ordering them to be suckled generally about four or six times a day, and letting them take as much as they can out of both breasts at each time; but allowing this to be done seldom or never in the night time.

If an infant should be born sick, and is restless or constantly cries, great care should be taken that it is not any wise hurt by the dressing or to be left undressed and only wrapped up in loose flannel;

flannel; to be applied to the mother's breasts the sooner for the quickning of it, whence if it bring the milk it will in the beginning cleanse the child of the meconium, and afterwards will become the most nourishing food for it.

If the child is so ill that it will not suck at all, when it unavoidably must be dry nursed, magnesia alba must be given for purging the primæ viæ that is, its stomach and bowels in some small quantity every hour till it takes effect, giving the mother to know that she must endeavour still to bring the infant to suck her milk as being the best of food for an infant.

For infants that of necessity must be put out to dry nursing or is to be brought up by the hand at home, the mother must endeavour to procure a clean and sober woman for the nurse, one too if possible, that is between twenty and thirty years of age or middle aged, and that has not been brought to bed above two or three months for the newer the milk it is so much the better

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The diet for such a nurse may be a mixture of flesh and vegetables, to eat one meal, at least, of flesh meats once a day, with plenty of greens or garden stuff, and some thin broth or milk with bread for breakfast and supper; and to use for her common drink only small beer, or milk and water while we caution against all strong drink, wine or spirituous liquors.

It is proper that in the beginning, or a day or two after the birth, that an infant, that is to be deprived of its mother's milk, should take a purge whether it be dry nursed or suckled by another woman; and the same to be repeated for some time after: or rather some lenient laxative or gentle physick two or three times a day for 2 or 4 days, to keep the bowels in a lax or loose state its body open, even to 3 or 4 stools a day at first, lessening the quantity, or gradually till it be left off: in a word so to manage this artificial physick as that its operation, working or effect may resemble that of the natural purge or its own mother's milk.

The nurse must keep the infant awake by day only as long as it seems disposed to be so, amusing and keeping it in good humour all she can; and finally not to lull or rock it asleep, nor protract or continue its sleep too long.

Let it get some fresh bread with the freshest or sweetest butter every now and then but very little at a time and not too often. It may get also any kind of mellow or full ripe fruit either raw, stewed or baked and any innocent food whatever that the kitchen produces, but to be used with much discretion and judgment, and given in the greatest moderation.

Infants must get no other food for the first three months; during all which time they should be tumbled and tossed about a good deal; playing with them and keeping them always as much as possible in good humour; and, as soon as possible, to carry them out every day, in almost all weathers.

About the end of three months more solid sustenance or food is to be given them, but only twice a day; and that
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of the most simple and lightest kind of it, consisting of a proper mixture of the animal and vegetable, as thin light broths, with a little good bread or rice boiled in them ; with which they are to be fed one part of the day, and bread and water boiled almost dry and while hot mixed with good fresh milk warm from the cow as often as possible, to be given them the other part of the day, promiscuously or without distinguishing or making any difference.

Let them have the above food alternately or by turns, twice a day at first, according to their appetite or to the just satisfying of their hunger and no more, lest they should puke or vomit it up ; always remembering to hold them in a sitting posture, as it were when they are fed,

When they are about half a year old they are to be used gradually or by degrees, to a very little flesh meat ; to be fed stately three times a day at due intervals or distances, but never in the night time, when they should be lulled asleep ; and if they awake at any time and are wet they should be changed :

ed : If they need any thing between these meals, let it be a little milk and water.

It is very proper they should be taught to walk as soon as possible and when they are about a twelve months old let them be weaned not all at once but by slow degrees when we generally find they will be able to walk alone.

After this time, as children grow daily more and more strong and use food still more solid, they must use more exercise, their walking to be gradually and daily increased till they can walk about a mile or two without weariness.

They must be used during the whole of childhood from their birth, to breath in a free and pure air as much as possible in an open and upper room fronting preferably to any other in our climate or country, from between the south and well quarter of the heavens, or that quarter in any country whence, from experience, the most salutary winds are known to blow ; and be constantly and well exercised (as has been

been observed) either in their cradle in the nurses arms or on foot in different degrees and a longer or shorter time according to their age and strength.

The aforesaid mild and temperate diet prescribed to the nurse must be continued as long as she nurses the child, prohibiting and hindering her all that time also from having any commerce with her husband; regulating or directing her, at the same time as to the use of the other nonnaturals; namely air, food, sleep and watching, motion and rest, the passions of the mind &c, and to every means that may best contribute to her producing the most wholesome milk from her breasts, wherewith the child is to be nourished, until the foreteeth begin to appear, when it may with advantage be changed for more solid sustenance; and such regimen and diet as above together with the frequent use of the cold bath from the first summer after its birth, rubbing and drying the child well immediately after bathing, are to be continued regularly thro' the two or three first septennials or seven years, even

even to the beginning of the adult period of the life of man ; to which we shall now hasten, after having ordered as we have mentioned, and shall have often as we go along occasion to order cold bathing, promised something relating to the important antidote of diseases in almost all constitutions and circumstances, the chief effects of which in general is the attenuating the humours, bracing the fibres, exciting heat and encreasing all the secretions, using the directions for bathing children as being more commonly known.

Here, then waving the directions for bathing as being more commonly known it is proper for adult or full grown persons, especially those who have not been much accustomed to it, or have never used it at all, to begin with it in the spring or beginning of the summer, after letting a little blood and using some gentle physick, and of a morning chiefly fasting ; or at any time of the day when the stomach is most empty, at least, after a meal is so thoroughly digested and distributed, that the body feels or is become light and nimble again ;
and

and just before immersion or plunging into the water, to walk a while or use some other gentle exercise until a very moderate or small warmth is excited in their body ; and then to go into the water instantly and suddenly with their ears stoped, into a river or rather the sea, where there is the opportunity. Let this be done in fair weather, especially, for the first experiment or trial. When it happens to be otherwise, in stormy weather and other circumstances, that kind of cold bathing only must be used which is performed at home, by having the water poured suddenly all over the body from the head downwards, from a cask suspended or hung by a particular contrivance, over the patients head, while he stands up, below, in a wooden cistern or basin, that receives the water so emptyed. The water for bathing should be as pure, bright and heavy or weighty as can be had, and neither extremely cold, nor too much on the other extreme, especially for the first trials ; immerse or dip, as
above

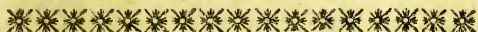
above mentioned into the water, once, twice or thrice, or continue under it a shorter or longer time in proportion or just as the body is weaker or stronger, using it but little at first, and increasing gradually as the body can bear it; and using all over the body with a towel friction, or rubbing well afterwards.

In hot and dry constitutions, &c, let river or fresh water be used, but in the contrary circumstances sea or salt water.

In case of hæmorrhagies or bleedings from the nose &c sickness at the stomach extreme weakness or coldness of the body; or in the extremes of constipation or boundness, and diarrhæas or looseness of the belly, &c, cold bathing is to be used with much caution or not at all till these ailments are gone off, or removed.

The cold bath is chiefly to be used before meals, but hot bathing, when needful, is to be used after them, as it hath been found rather to chill and much apt to waste the body, when used
on

on an empty stomach ; and in what cases this last is most proper will be seen in the sequel.



S E C T. II.

Of Preventing the Diseases

Of A D U L T A G E,

Or Men Arrived at, or Come to their
Full Growth in Stature.

IN the beginning of this long diversified, or various and changeable period of human life, which is commonly taken in under one term, adult age, including all the space of time distinguished into youth and manhood, which intervenes betwixt child-hood and old age, this last also being properly a part of it, the particular temperament or prevalence, even the prevailing of some one humour or other becomes more discernable in the constitution

tution that was apparent, or appeared any time during childhood; the signs whereof, have been so often described, that they need not be mentioned here, any further than just to hint at them in their proper place in the following account of the various things that as having found its practice, most effectual to prevent the diseases of this important part of the age of man or when we come to mention the different constitutions and tempaments and the several other circumstances of life; together with the several particulars we cautioned or dissuaded from in the same course of practice: so that accordingly through all the following septennials of the human life, to what is called the grand Climaterick or the seventh septennial explained above, and even to the threshold of old age; that universal regimen, or care in living and diet, which has been observed to be the most effectual preventive and the only true antidote or cure to the many diseases that are apt to break out in this period, will be represented more at large than the foregoing and

and subsequent septenials; and to be more particularly adapted to the various circumstances that occur in the life of man. In order, then, to the prevention of diseases in this period.

First. In general the air which is breathed, must as much as possible be chosen dry, pure and temperate; the temperature thereof to incline rather to the cool than hot; to be often agitated by winds, and as much exposed in as champaign or flat level open country as possible; and where it is least subjected or exposed to sudden changes and alterations, &c.

Therefore, it is proper such persons should reside or dwell as much as possible, in an open, tepid, pure and elastick or springy air, as free as may be from any heterogeneous mixtures that is mixtures of different kinds, or natures; in a house not over nicely built in the carpenter or wright work thereof; of an exposure to that quarter of the heavens, whence the most temperately warm and wholesome winds are observed to blow, which in this country

country are those between the south and west as the south south-west or the south west &c, of a situation that is sufficiently distant from burial places, marshes, damp or putrid exhalations or sending forth vapours of any kind ; so contrived as that it can be ventilated, perfused or blown through the house by opening the windows daily, especially in the summer time, when the most dry and temperate winds blow moderately from the most salubrious or wholesome quarter as just mentioned, so as that nothing within doors, may be seen rusty, damp, moist or mouldy at any time of the year, or in any kind of weather ; and lastly to live continually in the country rather than in a city or town ; and care must be taken to go abroad as little, as may be in the evenings after sun-set ; and when living in a city not to remain too late in taverns, or publick houses, and coming out from close rooms into the cold without being well guarded from the effects of the night air, by warm cloaks or fountouts.

It

It is extremely proper that they go to bed by times and to rise very early in the morning daily and constantly both in summer and winter. having in the last season a fire in the bed chamber all night as often-as possible, at least, a strong clear one to be always ready before getting up ; and in the summer season to be abroad a walking every fair, calm or moderately blowing mornings sometime after sun-rise, as about two hours in the middle of summer, an hour at the beginning and end thereof ; half an hour in the spring and autumn, and a quarter of an hour or just after sun rise in the winter ; particularly to traverse or walk over the fields much and long in the spring and beginning of the summer as then the air is much impregnated or filled with the effluvia or those very small particles which are continually arising and flying off from the growing herbs and opening flowers of the fields and meadows.

First they must be cautious in exposing the body, when any how in the least overheated,

heated, to the cold air; especially any cool currents thereof, that go under the denomination or notion of pleasant but in truth mischievous gales; and infawning, swimming or such like practices under the same circumstances.

Those especially whose constitutions can bear it, should inure or accustom themselves much to the external air, by going abroad almost in all vicissitudes or changes and varieties of weathers, only taking care to be well defended by cloaths from the inclemency or severity of the air in storms &c.

In the annual or yearly changes of the seasons they must be careful to have house, cloaths, furniture and method of living adapted or fitted thereto; informing them, where it can be done, when any epidemical or generally prevailing disease or distemper begins to appear, to remove into a more healthy air.

At other times or on other accounts as when there is occasion to remove from an impure to a more pure air, as from a city to the country, that
must

must be done in the beginning of summer ; if from the town to the country in the beginning of winter &c.

As almost in all climates the spring is generally the most safe, the autumns the most dangerous and sickly of all the seasons ; as the spring and beginning of summer agree best with those of youthful age, the latter end of autumn and winter with the middle-aged and the summer and beginning of autumn with old age, and seeing that the weather is unnatural with respect to the seasons of the year, when sudden transitions or changes happen from extreme heat to extreme cold weather for any considerable length of time, it is a token of an unhealthy time, they must guard against such seasons and changes of the air, by a proper regimen and diet as shall afterwards be mentioned in general.

They must particularly take care of cold wet seasons, and in our climate especially of north east, easterly winds and foggy weather, by correcting the moisture of the air during such seasons, with

with a strong clear fire kept constantly burning in their bed-chamber, and oppose the effects of the cold, by using more than ordinary exercise along with a diet of the more dry warm and solid kind of aliments; flesh meats are to be used more liberally or freely and rather roasted than boiled, together with the moderate use of some generous wine, rum-punch, porter or other stronger kinds of malt liquors as strong beers which are moderately stale and clear, every now and then, or in proportion to the degree of the weathers severity, chilliness or coldness of the winds.

Secondly. It is proper that the several cloathings of the body that are worn either by day or by night, must be used more thin and cool or more thick and warm, and less or more of them, as is found by experience most agreeable to each particular constitution of body and seasons of the year; tho' in general rather cool and light than too warm or heavy.

The weaker the body is, the more
cold

cold and moist the air of which climate or country they live in, the more changeable or stormy the weather. the nearer the season is to winter &c, the cloaths, in proportion must be more warm and thick, &c.

In all the cloathing, especially that part thereof which is next the skin or the linnen in particular, must be kept always clean and sweet, by being frequently changed, and well aired before they are put on, that as free and uninterrupted a perspiration from the body may be kept up as much as possible, as being of the greatest consequence in the prevention of diseases.

Nevertheless they must beware of all sudden or frequent shifting of cloaths especially during the changes of the seasons of the year, from thin and cool to thick and warm cloathing and do it gradually and slowly, while the air is mild or temperate and before the weather changes from heat to cold, or from cold to heat &c. They also, must take care of dressing and un-

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dreſſing oftner than twice in the ſame day, particularly in changeable or cold and moiſt weather and in the winter time.

As all cloathing for the body muſt be thin or cool generally in the ſummer and thicker and warmer in the winter and between theſe a medium or middling cloathing, in the vernal months or months of the ſpring and autumnal months or that of the autumn, ſo we ſtrictly enjoin the thick and warm or autumnal and winter cloaths not to be changed even by thoſe of ſtronger conſtitutions for thinner and cooler in the ſpring, till it be ſo far advanced as that the air is become, by the heat of the approaching ſun, of a proper temperature or degree of heat, which may be known to be the caſe, by the firſt appearance of the ſwallows, which in our country in the ſpring is in the end of April or beginning of May; and by thoſe of weak conſtitutions, not till thoſe birds are become very numerous, which generally denotes the weather
to

to be sufficiently and uniformly warm without variation, after which the summer cool cloaths may be worn ; but which again are to be changed for the warm winter cloaths, by the weakly at the very first disappearance of these birds, in the autumn, to wit in September and beginning of October, and by the more robust or strong sometime after, to wit, at their total flight or disappearance, in the beginning of November.

Thirdly. Exercise must be taken always in an even tenor or constant manner, and be constantly continued in together with the use of friction or rubbing the body as above mentioned and cold bathing which must be persisted in still, for the prevention of the diseases of adult age, as well as those of infancy and childhood ; all of them having much the same salutary effects, exercise particularly, besides its effects on the mind which are not small, acting on the body in the manner as has been also mentioned in speaking of the cold bath by attenuating or strengthening the humours

humours constringing or strengthening the fibres, quickning the circulation of the blood &c; promoting and quickening digestion and the appetite; while at the same time it gives spirits, and induces a grateful sensation over all the nerves of the body: and acts much as friction or rubbing it in the same manner, especially exciting and promoting the perspiration of the body or discharge from it besides strengthening particular parts of it, to which it is applied.

Therefore exercise must be used in a free, pure air, as regularly and duly continued as possible, and that kind preferably to any other, to which each one has been most accustomed or such as has been found by experience, most agreeable both to mind and body; it must be taken on an empty stomach or sometime before eating a meal particularly dinner, and in moderation, or in a degree that is most suitable to the constitution; never violent or to fatigue, not too long continued at one time, but to such degree of lassitude or weariness only as
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the body can easily bear; even till a moderate degree of warmth, but not sweat, is raised.

The most natural necessary and useful exercises are much activity in business, walking on foot, riding on horseback, or in the most open carriages that give freest access to the external or outward, circumambient air. In a weak state of body it should be taken in the most easy carriage as a chaise with four wheels, and performed on the most smooth and level ground that can be got and as far as can be easily bore. In those of stronger constitutions walking or riding, and performed, with some variety, on uneven ground are most proper.

To the robust, or strong and healthy the kind of exercise which is performed by their own powers, as walking, playing at the different kinds of innocent diversions &c; to the valetudinarian or sickly and infirm, that which is effected by external helps, as riding in wheel carriages &c; and to those

those in a middling state betwixt weak and strong, that which is done partly by themselves, partly by outward helps, as riding on horseback &c.

Of all exercises next to the most universal kind of exercise, viz. constant stirring in one's business that of walking, is the most natural and effectual for the purpose of preventing diseases. as riding is for that of recovering from them: but where activity and dilligence in the particular employment of life and deficient or wanting it must be supplied by that of frequent friction or chaffing of the body with the flesh brush or a warm rough cloath night and morning, or by walking in a long gallery or playing at billards in a room within doors in foul weather and in the winter time, and by walking on the platform of a house or what we call a balcony, or playing at some of the above-mentioned diversions in a court or yard, &c, without doors in the summer or fair weather, traversing or walking hither and thither over the fields. bowling
golfing,

golfing, riding on horseback or in wheel carriages, or by sailing in a boat or ship, using sometimes one sometimes another sort of exercise as best suits their constitution and other circumstances.

Occasionally also, other sorts of exercises that are particularly adapted to different parts of the body, as that of reading aloud and singing for the lungs; - bowling or golfing for the belly and loins; - flinging or shooting with the bow &c. for the shoulder and arms, leaping or jumping and running for the thighs and legs &c.

In those who cannot bear exercise so well fasting, let it be used soon after a light or small breakfast or on a fuller meal after the food is perceived to be pretty well digested off the stomach or sometime before it is dispersed in or got through the habit, when the whole body is felt pretty light and easy.

In those that are lean exercise should be continued as long as till the body is gently heated and in the fat, until a gentle sweat breaks out; it should be left off
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in all before it becomes by the continuance of it very uneasy or tiresome or before any great lassitude or weariness comes on, profuse sweat breaks out, or the breathing is straitned ; and should be intermitted or left off a while till recovered and then to resume it again and continue it as long as there is time for it, and it can be done with pleasure and profit.

They must take care that the exercise be always proportioned to all other circumstances for particularly the quantity and quality of the meat and drink or nourishment they use daily.

They must not be indolent, never let the body or any particular member remain in inaction or at rest much longer than usual ; and after long habits of inactivity contracted, must not enter directly into any degree of violent exercise or any kind of hard labour, but gradually or by degrees and slowly.

They must not drink cold water or other cold liquors after exercise or coming home from labour or any very
hard

hard employment at home, tho' never so dry or thirsty; but defer it till the body is cool, which it should be suffered to become only gradually and in a moderately warm room and in the same cloaths the labour or exercise was performed in, without changing any of them for others, and that not sitting or standing but walking gently up and down the room: And if exercise should be thro imprudence continued at any time to sweating; they must as soon as possible get into a very warm room and shutting the door, strip and rub the body, first, all over with a dry warm cloth and then put on clean and well aired linnen before dressing again &c.

They also must use the cold bath frequently and alternately or by turns, with, and as a kind of assistant to exercise, or as often as it can conveniently be done; at least, in the summer seasons, and that in the sea or salt water rather than in a river or other fresh water, and even in the winter time, especially when the weather

ther is open dry and mild, more frequently; or, lastly, in that season when they cannot bear cold water they may get out of bed very early in the morning and putting their feet into slippers filled with cloath and walk up and down the bed chamber naked for a few moments, or after dressing in the morning gown and fourtout take a walk abroad in the cold air in a fair, calm or moderately blowing morning for a few minutes, then undress and in both cases using universal friction, just before going to bed again or it may indeed be used without friction.

Fourthly. The aliment or meat and drink must be proper both as to the quantity and quality thereof, and properly used; the solid food or meat must be diluted always with an equal or rather a greater quantity or proportion of drink or diluting liquors, and temperance observed in both at every meal, or the quantity of aliment be such as the stom ch can easily digest, leaving no oppression therein if possible

possible in the least degree ; the whole diet must be duely tempered, regularly and daily used and taken down as nearly as possible in equal intervals at different rather than one time of the day : in quality such articles are to be used as are most universally acknowledged to be salutary or wholesome and of these chiefly, such as are found by experience most agreeable to each particular constitution ; be simply and plainly dressed, neither too little nor too much done ; and beginning the meals with the more solid and harder kind of aliments generally, and avoiding as much as possible all irregular eating or drinking betwixt them.

Their diet should be a mixture of animal and vegitable food together with fermented liquors for drink in different proportions according to different circumstances ; as for example, those of more active ways of life may take more or less of the animal with respect to the degree of their bodily labour or exercise ; while those of a more sedentary way of life, must in
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the same manner take a diet in which more of the vegetable than animal is used with partly fermented and partly unfermented liquors along with it; but those that are very delicate and weak must use a purely vegetable diet chiefly with unfermented liquors drunk after it.

Those of the most robust or strong constitutions and of the most laborious lives must take three meals in the twenty four hours, and those of a middling state of life the same or two or three as is found most agreeable; but those of the more weakly constitutions who are necessarily confined to very sedentary lives four or more in proportion to their circumstances; and lastly, all especially such as are of very weak nerves or relaxed stomachs must abstain from the foreign teas, or use them as little as possible, and that little to be made much weaker and drunk much colder than is usually done as contributing not a little in the prevention of diseases, using instead of them cinnamon or teas of

of the growth of our native country and coffee made of the grain barley or bear as we call it well toasted on the fire in a pan.

All those articles of food should be used preferably to others which are the produce of the climate where one is born and brought up, or the articles which are natural to the inhabitants of each particular country rather than any foreign articles whatever; and these kinds generally that are most simple and least acrimonious or that are bland or mild and somewhat of a mucilagenous or gelatinous nature or that of a gelly, and of a texture not over firm and consequently of the easiest digestion as well as most nourishing, and such as are known to be unexceptionably wholesome as never found to do the least sensible hurt to the weakest and most delicate no more than to the most robust or strongest; yet of these only what each individual or every one finds by experience to agree best with their constitution, of which they must take care to inform themselves.

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The meat must be well dressed as well as simple and plain, neither more nor less done than the constitution requires, and to avoid not only foreign articles of food, but as much as possible all such home articles as are hardened in the smoke or by salt, all high sauces confits, preserves, sweat meats and all delicacies whatever, both because they are hard of digestion and apt from their gratefulness to the palate to be eaten intemperately to the overloading of the digestive powers themselves to wit the stomach and bowels : and only to use common sea salt, mild vegetable acids and very mild or the less poignant or sharp sauces in moderation as promoting rather digestion ; to which it contributes not a little also to begin meals which the more solid and firmer kinds of aliments as has been mentioned ; and to chew every thing well before they are swallowed.

It is proper they eat and drink at these daily meals only so much as is necessary and sufficient to support the body under that degree of labour and
exercise

exercise it is ordinarily accustomed to, yet so as always to arise from each with rather some small appetite or relish for more than to indulge to satiety or fullness, or to cloy, overload or oppress the stomach in the least; but to be able and ready just after every meal to read without drowsiness, or write or go about any business with ease and pleasure; and especially after supper, which should be always of the lightest kinds of food and the least of all the meals, and taken timeously at least about an hour and a half more or less before going to bed, and after to enjoy such sleep in the night time as is neither shortened nor any wise disturbed, while in the morning neither head-ach nor bad taste in the mouth is felt, nor sickness at the stomach, nor uncommon haughing up or spitting, and lastly to be able to rise early and yet well refreshed light and agile, active or nimble.

They not only must use as simple and plain dressed a diet as possible, avoiding all discordant or contrarious variety of aliments at one and the same meal;

meal ; but also generally the method of living that is prescribed for ordinary is to be diversified or varied, especially when there are and according to any changes that may happen of peoples external circumstances &c and not to be always confined to any one precise custom of diet and regimen or living.

They must not take in more meat and drink than the constitution will bear, when no proportional exercise is used to carry off the excess, nor take in less than nature requires : yet those that have been accustomed long to use few or small meals daily should not alter it unless very gradually, “ If they who have been accustomed to one meal a day chance to eat two, even this has been the occasion of diseases in not a few people ”

The same is to be observed in the contrary custom ; for in the case of health rather a spare and abstemious diet or a moderate quantity of food and drink should be used at every meal than

one that is full or in any degree intemperate, for constant moderation and sobriety in diet is the great preservative against diseases, every excess being an enemy to nature, it is dangerous to change suddenly long contracted customs or habits in the method of living, and it is necessary to keep up a due equipoise or balance betwixt diet and exercise according to the differences of age, constitutions, sexes, seasons of the year &c.

All those lightest sort of aliments should be taken frequently, which tho' they were to be taken even to somewhat of excess wou'd cause neither fulness nor griping, nor wind, but are easily and quickly digested, without any thing of that sense of plenitude fulness oppression or uneasiness that generally follow on eating

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food

food of the contrary quality: and that sort of food should be always preferred, of which the weight is not felt in the stomach, and taken in such quantity that after meals, leaves the body as active and nimble as if nothing had been eaten; which last circumstance is indeed according to the particular latitude or extant of each constitution, but yet always in subordination or with a due regard to temperance, as there is more danger in excess or exceeding than in coming short, especially in eating.

That kind of bread should be used that is most nourishing and strengthening as well as light and easy of digestion, which is made of the flour of wheat, of this what is latest from the oven only not hot, and which has been properly

properly leavened or mixed with a due quantity of yelt and falt and well backed; or which is made of the meal of oats newly ground, which in the northern parts of Great Britain is found to agree better with some constitutions, and therefore should be taken for ordinary, as it is natural to the natives and the common produce of the country, and of that flesh meat which is of animals that have been slain, when in the vigour of their age, that have not been used to hard labour, nor been castrated or gelded; and those kinds of fish that are not fat, but light and live near the sea shore &c.

Besides these and the other rich-
er'aliments which they should use
for the more ordinary stated diet
they

they should take occasionally such other simple foods for change, as are only proper for those that are sick; but always to avoid indulging in delicacies, as we have observed, or such kinds of meats as both tempt to eat when not hungry, and to excess when hungry; namely, all those dishes that by the arts of luxury are rendered too high and rich; indeed every thing that is over poignant, stimulating or sharp in flavour and taste and that are found to vitiate corrupt or spoil the blood or affect the nerves, as by all impartial physicians several kinds of foreign teas are particularly observed to do.

More particularly never to postpone a meal when a natural undepraved appetite prompts incites
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or reminds them to eat ; and to wait the return of appetite and pass a meal rather than to force nature and to eat when there is no inclination to it ; and those who are often apt to eat too much and to take little exercise in proportion, should use frequently some gently purging physick : and lastly to retrench, when such quantities are eaten by any, as render unfit for any exertion of the mind or labour of body, which their profession or occupation may require or call for.

They must beware of unusual or too frequently repeated fasting, especially making a practice of going to bed when hungry without any supper, eating solid meat immediately after any immoderate exercise of body or labour of mind, or
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making full meals suddenly after long or more than ordinary abstinence, or fatigue for journeying; but to eat sparingly and that only of liquid aliments or spoon meats, and returning by degrees to their ordinary diet: and lastly exposing their body to extraordinary cold, heat or fatigue just after a meal.

In general for drink at and after meals they should use chiefly water alone or mixed with wine, a pure but low and small cyder, mead or punch.

Water is preferable to any other kind of drink whatever, and generally the most proper to quench thirst, but especially for diluting the victuals and promoting digestion, and it is a liquor which agrees with almost all ages and constitutions
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more especially, those that have been accustomed to the use of it, and with those of stronger and hot constitutions; tho' sometimes, it is not so proper in those of a delicate make and cold constitutions, or in others of weak stomachs when it will be better to mix it with a little wine.

In particular, it is most proper for the purpose of drinking especially at meals, soft spring water, that is clear, light and sweet, that springs from a rising ground and exposed if possible, to the rising sun; or even rain water boiled and strained; and after meals ale, well brewed, light, clear, and fresh and of a moderate strength and proper age, neither too new, nor too old; or wine which may be
either

either white or red, as is most agreeable &c, of a midling strength, taken in moderation, or in such quantity and of such quality as affects least the head : and so of other vinous liquors, cyder and punch ; only for the purposes of digesting the ordinary food, let it be always diluted or mixed more or less with water.

For the more tender constitutions the above kind of water for digesting of solid food is best ; or for stronger people good fresh small beer brewed with proper water, well hopped and fermented with yeast or barm, and of a sufficient age to be light, clear and brisk ; or wine lowered with water, or the like diluting cooling liquors should always generally be taken in such quantity as at least to exceed if not to double

double the quantity of solid food that is taken at one meal: But still what is best for this end, as in all respects, the most universal drink and most suited for the preventing diseases during almost the whole of this period of life, which also should be taken morning and evening at or towards the end of digestion, is a draught of pure water alone.

- They must at all times abstain from drinking too liberally or freely of any generous and unmixed wine, as tending rather to weaken than strengthen the body, but always to use it in moderation, when of all liquors it will be found generally, not only the most gratefull to the stomach, but next in salubrity or healthfulness to water itself; and next to it a mild or moder-

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ately strong ale &c: and it is particularly observable that a good pure generous wine with a little bread made of the purest flour of wheat, thoroughly fresh, properly fermented and well baked in loaf as in England and toasted, or rather the bisket of our country taken either conjointly or seperately as is most agreeable, fits easiest on the most puny or weak stomach, and is relished by many when every other food is loathed.

They may however, in drinking also, and when they cannot be confined to water chiefly use changes or variety of liquors at different meals and on different occasions; yet always remembering to keep, as much as possible, any variety of such as are discordant or any wise opposite
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in their nature at one and the same time, even tho' taken in moderation ; and use sometimes the more simple liquids in drinking as well as the coarser kinds of aliments in eating than ordinary, for a change, as most beneficial and salutary in the prevention of diseases.

Lastly they must not take greater quantities of drink of any quality whatever than nature requires ; or avoid as much as possible taking more than the constitution can bear, especially when at the same time sufficient exercise is not used to carry off the offending excess : neither on the other hand must they be too sparing or take less than the digestion of the food and the constitution need ; but to observe always, as much as may be,

be, a due medium or middle betwixt these extremes, yet still even here also ; leaning rather to the latter than the former, which middle is best known both in eating and drinking from experience or what they feel within themselves : only remembering that there is much greater danger of diseases from excess in meat than drink.

Fifthly, Sleep in general must be duly taken every night and as much of it as is necessary for the refreshment of the body and the recruiting of the spirits that are exhausted by the actions of life daily ; and this is to be proportioned properly, as to time, duration and other circumstances, in which experience also is much to be regarded, only that in childhood

childhood and old age. greater latitude or room must be allowed than in the intermediate ages.

In particular therefore sleep must be always taken in its proper time, to wit, in the night season only, and then in moderation: avoiding, as much as possible, all sleeping in the day-time especially in the morning or after dinner.

It should be always used in a bed, not in a chair and, if possible, in a fore and upper well aired large chamber, that is quiet, and hath free access to the air, always as nearly as possible fronting that quarter of the heavens from whence the more healthful winds blow.

They must take shorter or longer sleep in proportion to the
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the preceeding labour and exercise of the mind and body and other circumstances ; it may commonly be within five, six or seven hours in one night and, if possible, at one time or without interruption seldom beyond eight hours unless they are of weak constitutions and about six hours as a medium, or middle five hours to the strong and seven to the weak : so as that after such proportion of sleep, upon awaking in the morning they find lively the faculties of their mind, particularly their understanding clear and the members of their body active.

In order that the sleep that is taken may be as sound and refreshing as possible they must sup on the lightest and the least, by turns ; go to bed at least two
hours

hours after supper, and rise very early according to their constitutions and other circumstances; indulging it more in cold weather and winter than in hot weather and the summer time, generally taking about five hours sleep in this country in the summer, six in the spring and autumn, and seven in the winter; and rising about four in the morning in the longer and about six in the shortest days of the year.

They must not cover their body during sleep too thinly, for the season with cloaths; and especially take care as much as possible of throwing off the blankets off their body or putting out their arms or legs; and not use too thin a night cap, securing it well

well that it slip not off their head in the night time.

Sixthly. All the excretions or evacuations of the body must be kept in a medium as much as possible, so as neither to be much too deficient nor excessive; always to be in such a due moderation that they may neither be in too small nor in too great a quantity, and continued on in as uniform and equal state as possible

Besides the several directions that have in general been mentioned already, as conducive to the keeping the several natural evacuations in a mediocrity, care must be taken particularly, that the body be kept rather so lax or loose as always to bring the belly into such a state, as to procure one stool a day that is
neither

neither hard nor soft tho' there are some constitutions that remain healthy that have had ordinarily a stool only, every other and as in some few constitutions every third day : also, that the excretion, emission or sending forth of the seed be kept within due bounds by dissuading from all premature or too soon, excessive or frequent commerce between the sexes especial-

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in the summer time and in sultry hot weather; but use it always in such moderation as not to excite a quick sensation with a derivation towards the part, and so seldom as neither langour or faintness nor pain may follow thereupon, being aware of all violent stimulants or excitors on the one hand, and against immoderate study or application of the mind, too long or continued watching

watching, inanition or want of fullness in the blood vessels, fatigue of body and every thing that weakens nature too much, on the other: But here above all, being aware of committing lewdness on one's self.

They must also beware of all customary artificial discharges of the humours of the body as well as provide against any excess of what are natural, which must be regulated

lated in such a manner as that the body may not be oppressed with repletion or fullness than exhausted with evacuation or emptiness; preserving as much as possible an equilibrium or evenness between the solids or parts of the body that contain the fluids or juices by discharging what superfluous and retaining what are needful.

But more particularly,
against

against customary and unnecessary phlebotomies or blood-lettings, physickings in spring and fall, or the customary use of any acrimonious or sharp medicines whatever ; and against the use of the whole of that vile custom of tobacco so common, whether by way of snuffing, chewing or smoking &c.

Lastly. All the affections of the mind as desire, love, indignation,
anger

anger and fury on the one hand ; and grief, despair, fear and terror on the other must be kept within due bounds. Yea even reason must be guarded against, a too violent application to restless cogitations or thoughts & immoderate or deep studies &c, as those of mathematicks and metaphysicks ; while the imagination must neither be suffered to languish too much nor dwell too long

long on one of the same object, but must be suppressed by true religion and right reason and constantly excited and diverted by a grateful variety, as well by the frequent contemplation of, musing or thinking on, the works of creation, the [arts that are imitative of nature, the mutual and innocent communications and commerce of the sexes and friends &c, as by the various common employments of life.

Therefore

Therefore a due moderation must be kept as much as may be in all the passions, especially endeavouring that no one be suffered to prevail too much ; as they must know that violent affections of the mind or passions occasion a greater waste of constitution and bring on diseases more quickly and of a worse nature than are induced either by excessive laziness and inactivity or violent

lent exercise and labour,
 which last are generally
 soon relieved by their
 contraries motion and
 rest, which have no in-
 fluence on the others;
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 continued passions par-
 ticularly anger, grief,
 terror, despair &c, at all

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times are to be avoided and subdued by true religion as much as possible.

Such a method of living as above mentioned will, indeed, also help to allure any particular prevailing affection of the mind or even subdue that passion they may be most prone to; while, keeping under their passions they through true religion endeavour after that constant

stant serenity of mind that is supported by hope, or that habitual cheerfulness which is the result of a good conscience, supported by a good life and flowing from a sound christian repentance and faith.

But lastly, all will be too weak for that end, and diseases will break out, unless repentance towards God & faith in Christ be sought after and attained ; which in truth
are

are the principal means of subduing every turbulent passion or headstrong affection in particular as well as the source of temperance and all regular and salutary living in general; and without which, indeed, few of our directions as to right living and diet will be regarded.

S E C T

Of Preventing the

Diseases of

O L D A G E

First. **I**N general, in this period of human life, which strictly speaking they may be said to have arrived at and entered upon when they have passed the middle time of their life, or are about fifty years, being

being the latter end of adult age and as it were a second infancy. Here the ordinary daily sustenance of food is to be diminished gradually by them even as soon as the decline of life is perceived to be coming on, and when it has advanced much, especially in some constitutions, and where the teeth are mostly or wholly lost, they are to use altogether the more solid kinds

kinds of aliments and enter by degrees upon the more liquid; using such kind of food or spoon meats more and more daily as extreme old age and death approach.

The nearer they are advanced to the latter end of this period and generally through the whole of it, they are to live in some such way as that of infant age, retaining the same regularity and observing

observing the same rules they were directed to in the first period of life, viz. as that the air they breath in, be as pure and healthy, as possible; spending the remainder of their life, not in a large populous city, unless very great necessity require it, but in a clear, dry and sandy country, and, if it may be, almost in the most southern or very warmest climates, in a house of a moderate height

height and proper exposure, as above mentioned, the bed chamber whereof, to have a clean chimney and free from smoak, to be well ventilated or fawned with wind to let in fresh air daily even oftener in the warmer part of the day, by opening the windows; to be kept always clean rather by rubbing than washing and using fires in it rather of wood than coals, especially those

N that

that are too sulphurious ;
and lastly when abroad,
to avoid as much as
possible the north-east
winds, foggy frosts and
such like weather.

Their cloathing must
be light and yet such as
to keep their whole body
in a state of due warmth,
and at the same time
perfectly consistant with
ease and activity. The
winter garments put
on earlier in autumn
than

than formerly and not laid aside till very late in the spring, or in some cold years and in more extreme old age use them even all the summer over. Their body is to be kept always clean and neat; especially the stomach is to be well cloathed, and their hands and feet are to be always kept in a due warmth with furred gloves and woolen socks.

Their

Their diet must thro' out the whole year not only be warm and moist and of the lightest food, but more exactly adjusted to their exercise than formerly, and not only to lessen by degrees the solid meat, but to add proportionally to the drink, together with enjoining them a more strict observance of the above mentioned rules relating to the use of such moderation or temperance

perance, as to rise from their meals with an appetite and light and easy &c, till they arrive at the lightest and the least in solid food and their diet is become wholly of the liquid kind as in infancy.

They must use such exercise and such kinds of it during all this declining period of life as can be most easily bore ; using the exercises of walking and rising as long as they have strength for it ; afterwards that
by

by wheel carriages, as
chaife, chariot &c.

Their walking must
be in a sheltered place,
chiefly in the mornings
a considerable time after
sun rise and in the even-
ings before sun set ;
the riding should be to-
wards the middle of the
day, as before dinner &c
as above, and both these
exercifes performed, as
much as possible, on
even ground ; and lastly
if much of these kinds
of

of exercises abroad cannot be so well bore with, use the chamber horse or other such milder house exercises even in summer and milder dispositions of the air, as well as in cold or stormy weather and in winter. Lastly in case of want of exercise they may supply that with the flesh brush or a dry warm rough cloath, &c.

They may however persist in the use of
such

such exercises chiefly as they have been most accustomed to, rather than to substitute any other or new ones in their place: only they must not continue them to the fatiguing themselves in the least, with any kind of it; and more especially if any part of the body should happen to be more infirm than the rest, they must have a respect to such weak

weak part and guard against whatever kind or degree of exercise would affect it, taking care always to adapt it to the time of old age and the different stages of a natural and necessary decay.

They must take care also to keep the several evacuations of the body regular ; particularly, to procure by diet and medicine

dicine, if need be, rather a bound belly than loose, & encourage their perspiration by friction or rubbing of their skin twice a day either with a flesh brush, a dry warm rough towel or with flannel, washing all over afterwards with water more or less warm, according to the season of the year and state of the air, before a clear fire putting

putting on a cotton waistcoat next the skin, keeping all their cloathing clean and frequently changing their linen, as being of the greatest importance to a free and wholesome perspiration and which is still more necessary to be kept up in old age.

They must especially do whatever may contribute

tribute to make their night's rest sweet and the sleep sound ; as to warm their feet, which in this last part of human life are often chilly or cold before going to bed, with a strong fire, or to bathe them in warm water ; their bed be well warmed every night, especially when very cold or frosty, with a
bed

bed pan of clear coals
keeping at the same
time the fire burning
all night ; or if the
chilliness be more over
their body even lye,
without sheets, in a pair
of blankets, all night
using a bag of warm
sand or a hot iron in a
thick wooden box or
case at the feet of
the bed ; go to rest
sooner than formerly
and

and rise in the morning latter, indulging sleep as long as is sufficient to cherish and refresh that cold decayed state of the body which always accompanies this period of life.

Whatever has been found in the former part of life to be hurtful must, particularly, in this latter part thereof be carefully avoided; and

and every excess both with respect to mind and body that has a natural tendency to impair the remaining strength, which must now be but very small, as too close application to studies &c; but above all, they must keep all the passions perfectly tranquil or calm, and beware of indulging concubinage over much &c, as above mentioned
 -
 adapting

adapting every thing through the whole of old age, especially towards the last period thereof, to the different states and stages of a natural and necessary decay.

Nevertheless in the beginning of this often various period in some constitutions that can bear it and in other circumstances sometimes things must be

be varied. They may be allowed to indulge in solid food especially the tender kinds of flesh meats, fish &c, rather more than formerly and to be continued with the above mentioned regulations almost through their whole life; only cautioning them against every thing that is the least hard of digestion;

P but

but particularly they
should use the best
wheat bread such as
is always mixt with a
due proportion of salt
and yest or leaven, well
kneaded and thoroughly
backed ; and avoid every
sort of food that tend to
thicken the juices of the
body as unfermented
bread, cheese, pork, eels,
beef,

beaf, oyfters &c, remembering too that the meat be either firft cut very fmall, or well chewed before taken into the mouth and fwallowed: and to ufe the beft and ftronger kind of liquors, as already fpecified, for drink, but efpecially uſing wines, and that of the moſt generous

generous forts ; such as are strong and diuretic, promoting urine ; particularly, of a pale or yellow colour and of a light body, sometimes pure, but most commonly mixed with water.

To conclude in a few or rather in one word. The principal point in preventing the diseases of old men, to which
we

we have conducted them
is the keeping their appetite good, as without this be done that most important affair cannot be brought about to any purpose.

T H E E N D.

we have collected a few
of the most interesting
specimens of the
fossil plants of the
Carboniferous period
which are now in the
possession of the
British Museum.

1848



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James H. Hall

